



# 3-IN-1 PANCAKE, WAFFLE, MUFFIN MIX

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 20 minutes

## INGREDIENTS

Rice flour, potato starch, wild rice flour, flax meal, cane sugar, baking powder, tapioca flour

## COOKING INSTRUCTIONS

- 1 1/2 cups mix
- 2 large eggs
- 2/3 cup milk
- 3 medium bananas
- 1 tsp vanilla
- 1/2 cup brown sugar
- 1/4 cup vegetable oil
- 1/4 cup yogurt
- 2/3 cup raisins

Preheat oven to 176C ( 350F)

Combine brown sugar, eggs vegetable oil, milk, Yogurt, bananas, raisins, vanilla. Mix by hand until blended.

Add muffin mix and mix by hand until blended. Let stand for 10 mins.

Fill 12 muffin tins with paper cups and fill aprox. 2/3 full.

Bake for approx. 20-25 mins.

Remove from muffin tin and allow to cool.

Store in covered container to retain freshness.

| Nutrition Facts                                  |                                       |
|--|---------------------------------------|
| Valeur nutritive                                 |                                       |
| Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)       |                                       |
| Amount<br>Teneur                                 | % Daily Value<br>% valeur quotidienne |
| <b>Calories / Calories 140</b>                   |                                       |
| <b>Fat / Lipides 0.5 g</b>                       | <b>1%</b>                             |
| Saturated / saturés 0.1 g<br>+ Trans / trans 0 g | <b>1%</b>                             |
| <b>Cholesterol / Cholestérol 0 mg</b>            | <b>0%</b>                             |
| <b>Sodium / Sodium 3 mg</b>                      | <b>1%</b>                             |
| <b>Carbohydrate / Glucides 31 g</b>              | <b>10%</b>                            |
| Fibre / Fibres 2 g                               | <b>8%</b>                             |
| Sugars / Sucres 3 g                              |                                       |
| <b>Protein / Protéines 3 g</b>                   |                                       |
| Vitamin A / Vitamine A                           | 0%                                    |
| Vitamin C / Vitamine C                           | 0%                                    |
| Calcium / Calcium                                | 0%                                    |
| Iron / Fer                                       | 2%                                    |

## PRODUCT HIGHLIGHTS

- Light and fluffy
- Nutty flavour
- 1% sodium
- Savory mix
- Suitable for vegans
- Other applications - belinis, fritters, batter for deep frying, crepes
- 7 ingredients
- Makes pancake, waffle and muffins GLUTEN FREE

